



LOVE'S LABOURS

IN THE ERA OF ONLINE DATING,
OLD-FASHIONED MATCHMAKERS
PROMISE A PERSONAL TOUCH

PAGES 4 & 5

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Monday, February 11, 2013



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ALL HALE

Members of Halestorm, from left, Joe Hottinger, Lizzy Hale, Arejay Hale and Josh Smith, mug for the cameras backstage after winning a Grammy Award for best hard rock/metal album for Love Bites (So Do I) at the 55th annual Grammy Awards on Sunday in Los Angeles. For more Grammys coverage, turn to page 8 or go to metronews.ca. MATT SAYLES/INVISION/THE ASSOCIATED PRESS

Enough about cuts already

Budget 2013. Council to talk growth and how to pay for London's future



ANGELA MULLINS
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Monday could be a "contentious day" at city hall, Coun. Joni Baechler says.

Instead of looking for savings in the 2013 budget, politicians will be looking for ways to add a raft of development projects into the spending plan.

A debate about how to pay for those projects could very well centre on how council wants to divvy up money from tax-roll growth. The city brought in about \$5 million from growth in 2012, much more than the expected \$2.3 million. That's good news for this year's budget because it means councillors have more money to dole out.

But agreeing on how the windfall should be managed could prove tricky, Baechler said. A city policy set last year says city departments should use revenue from growing tax rolls to pay for services in areas that are expanding. Half of what's left after that should go toward reducing debt. The remainder should go toward reducing taxes or economic de-

Where things stand

- Monday's 4 p.m. budget meeting at city hall will be the fifth debate.
- The police department's request for a 3.6 per cent budget increase was turned down on Friday in favour of a 2.9 per cent hike.
- Final budget approval is slated for Feb. 28.

Lucky seven

\$7.1M

The city has to find \$7.1 million in cuts or new revenue to avoid raising taxes.

velopment, the policy says.

City staff have suggested using some of the money for a 10-year, \$60-million economic-development plan. The first instalment of \$6 million is needed this year.

The proposal could meet some resistance, Baechler predicts. "I think there's going to be some difficult discussions, and certainly we've already seen some philosophical difference around financial policy," she said.

Along with the economic-development plan, councillors are expected to debate penciling \$1 million into the budget to build a youth-focused neighbourhood centre at Lorne Avenue school.



Joni Baechler
CONTRIBUTED

East side

Police seek stabbing suspect

Police are looking for at least one suspect after a stabbing on the east side early Saturday. Police were called to the area around 520 Morningside Ave. around 1 a.m. A man had been stabbed and was transported to London Health Sciences Centre, where he remains in serious but non-life threatening condition. Anyone with information is asked to call 519-661-5670, or visit londoncrimestoppers.com. **METRO**

Delaware

OPP investigate truck thefts

Last Wednesday, Middlesex OPP responded to more than 10 calls related to overnight thefts of property in vehicles in the area of Delaware.

Police say four suspects were seen in the area at the time of thefts in a white Ford pickup truck reportedly stolen from London. Suspects stole a second truck, a black 2012 Ford Ranger. Anyone with information is encouraged to call 1-888-310-1122 or Crime Stoppers at 1-800-222-8477 (TIPS). **METRO**

Little Caesars Pizza

Suspects rob at knife-point

Police are searching for a suspect after a Little Caesars robbery.

The robbery took place on Dundas Street around 4 p.m. Saturday. A suspect entered Little Caesars Pizza with a knife, took an undisclosed amount of cash, and fled. No one was injured.

The suspect is described as a white man with a slim build, about five-foot five and between 16 to 20 years old. He was wearing a black balaclava, large black winter coat, jeans, and black sneakers. Anyone with information is asked to call 519-661-5670. **AM980/AM980.CA**

**Riding high at London's Motorcycle Expo**

Jeff Hodgins, 21, an employee at First Cycleworks, pulls off a trick during the World of Motorcycles Expo at the Western Fair District. The three-day event featured hundreds of horsepower — and foot-powered — bikes. Bicycles were added to the lineup for the first time this year. **ANGELA MULLINS/METRO**

Tuning into the power of Twitter

Music therapy. Social media campaign nets more than expected for local veteran

They've never met him and likely never will.

But a team of Londoners — and a kind-hearted Tillsonburg man — have stepped up to help a veteran receiving care at St. Joseph's Parkwood Hospital.

It was a social-media driven effort that "flabbergasted" even its creator Mike Sealy.

Sealy, who works for the hospital, was called to ac-

tion Feb. 1 after receiving a company-wide email asking if anyone had a violin they might care to donate.

Turns out, the Parkwood veteran used to play the violin and the hospital's music-therapy program had re-sparked his musical interests.

Not thinking much about it, Sealy tweeted the request for a donation. Hours later, others had shared the message and an all-out search had been launched.

"It just kind of went nuts," Sealy said, noting retweets from the likes of Canadian musician Jann Arden. "It was mind-boggling."

Within days, several vio-

About the program

- Staff at Parkwood Hospital use music therapy to enhance patients' quality-of-life.
- The work has included a legacy project that allows patients to create a recording expressing their feelings near the end of their lives.

lins had been offered. Some of the offers fell through, but, in the end, two donations were made.

One is believed to have

come from a local music store. The second, from the Tillsonburg man who sold a guitar that was "collecting dust" and bought a violin.

Nearly everyone's attitude, and inspiration to get involved, was the same, Sealy said.

"He's a veteran, and, if he needs it, we need to get it for him," he explained. "As I get older, I get a stronger and stronger appreciation for the veterans, the men, women and children who sacrificed so much for us," said Sealy.

"If he's living in a hospital, his final days aren't what they should be. We should be doing everything we can for him."

ANGELA MULLINS/METRO



A LTC bus sits wrapped and ready Saturday to help share the Canada's London marketing campaign in the lead-up to the World Figure Skating Championships taking place March 11 to 17 at Budweiser Gardens. **ANGELA MULLINS/METRO**

Figure skating. 'Canada's London' launch

It's official. We are "Canada's London."

City leaders rolled out the brand Saturday, launching a one-month countdown to the World Figure Skating Championships.

The marketing campaign — led by city hall and partners like Western University and the London Economic Development Corp. — aims to make London stick in the minds of people visiting for the March 11 to 17 championships.

Set to include wraps on

buses, billboards and a web portal, the effort paints the city as "alive" with movement, flavour, culture and innovation.

"It's going to be an exciting time," said Mayor Joe Fontana during the campaign launch at Covent Garden Market.

"Not only inside (Budweiser Gardens), but outside the building, throughout the city," said Fontana. "As the city starts to light up, as the buses start to roll, as the signs start to go up, as the lights start to turn on, you are going to be amazed

Other planned events

- Walking tours
- Sound-and-light shows
- Skating performance tent
- An auction of autographed skates turned into art

what this city can do when we get together."

ANGELA MULLINS/METRO

Digging out after the storm

Dangerous weather.
At least 11 deaths in the U.S. and four in Canada are blamed on the snowstorm

About 310,000 homes and businesses remained without power Sunday as the U.S. Northeast and Canada dug out from a blizzard that dumped up to a metre of

Heavy stuff

"It's like lifting cement."

Michael Levesque, who was shovelling snow in Massachusetts.

Some motorists had to be rescued after spending hours stuck in wet, heavy snow. Utilities in some hard-hit New England states predicted that the storm could leave some customers in the dark at least until Monday.

"We've never seen anything like this," said county official Steven Bellone of New York's Long Island, where hundreds of drivers had been caught on highways by Friday's fast-moving storm. Local police said Sunday that all known aban-

doned cars were searched and no one needing medical help was found.

At least 11 deaths in the U.S. and four in Canada were blamed on the snowstorm, including an 11-year-old boy in Boston who was overcome by carbon monoxide as he sat in a running car to keep warm while his father shovelled Saturday morning.

Roads were impassable, and cars were entombed by snow drifts. Some people couldn't open the doors of their homes.

Blowing with hurricane-force winds, the storm hit hard along the heavily populated corridor between New York City and Maine.

New York City's three major airports — LaGuardia, Kennedy and Newark, N.J. — were up and running by late Saturday morning after shutting down the evening before. Boston's Logan Airport resumed operations late Saturday night.

Most of the power outages were in Massachusetts.

THE ASSOCIATED PRESS



Keith Tobin hauls a bucket of snow down the street while shovelling out his car in Boston, Sunday. WINSLOW TOWNSON/THE ASSOCIATED PRESS

Wynne to unveil new cabinet

Ontario premier-designate Kathleen Wynne had to balance everything from political egos to geographical concerns as she built the new cabinet that will be sworn-in Monday afternoon.

Wynne started making calls to caucus members on Sunday, letting each know which portfolio they will be responsible for when the legislature resumes sitting in about a week.

Analysts say she had to take care of her Liberal leadership rivals for the sake of party unity, but fortunately for Wynne her two closest com-

Health minister

- Several sources say London North Centre MPP Deb Matthews, who co-chaired Wynne's leadership bid, will be staying on as health minister and could also become deputy premier.

petitors — Sandra Pupatello and Gerard Kennedy — don't have seats in the legislature and don't have to be given plum posts.

Cabinet speculation started

circulating the minute Wynne was crowned as Dalton McGuinty's replacement at the leadership convention Jan. 26, especially on which loyal backbenchers could finally get promoted to the Liberal front rows, and which veterans could lose their portfolios.

Nelson Wiseman, a political science professor at the University of Toronto, expects leadership contender Charles Sousa will likely become finance minister. The former banker dropped out after the second ballot to support Wynne.

"Sousa shrewdly sort of

positioned himself for that (portfolio), and he really raised his profile in this leadership race," said Wiseman.

Wynne already announced that in addition to being premier, she will also be sworn-in as agriculture minister to raise the Liberals' profile in rural ridings, where they were virtually wiped out in the 2011 election that reduced them to a minority government.

Wiseman called the agriculture appointment a "peculiar" move that would be unlikely to convince any rural ridings to vote Liberal in the next election. THE CANADIAN PRESS

Struck by falling net

Boy, 9, killed in hockey accident

A nine-year-old boy is dead after an accident at an outdoor rink in a municipality northeast of Montreal.

Quebec provincial police say the boy was playing hockey alone at around 9 a.m. Saturday when a hockey net fell on top of him. Two municipal workers in Saint-Severin found the boy lying on the ice, underneath the net.

"They tried to help him but it was already too late," police spokesman Daniel Thibault said.

THE CANADIAN PRESS

Liberal leadership

MP wants to help indebted students

Liberal leadership hopeful Marc Garneau would do away with the current requirement that post-secondary students begin paying off student loans six months after graduation.

The Montreal MP would give them an indefinite grace period, requiring graduates to start repaying loans only after they've found a good-paying job of about \$40,000 per year. Garneau is to unveil his latest policy proposal Monday. THE CANADIAN PRESS

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The object of your affection deserves something more tangible than hastily arranged zeroes and ones. THINKSTOCK

The lost art of analog amour

Allow us to resubmit for your approval a treasured artifact of romantic history: The love letter.

In the Facebook era, it's the height of romance "because there is a certain level of effort behind love letters, especially because we're so wired today," said Dr. Azadeh Aalai, a psychology professor at Montgomery College in Montgomery County, Md. "If you're sending a text, you don't know if it's being sent to multiple people. How many people even know the addresses of their friends and acquaintances?"

Records of love letters have been found as far back as Ancient Egypt, and as recently as every other pop song. A love letter is meas-

ured against the all-time-best examples of the form by its ability to flatter the recipient and reveal how the sender feels about that special someone — and, most importantly, by whether it has been penned by hand.

"People still appreciate having something tangible," said Tracy Steinberg, a dating coach and flirting expert based in New York. "I'm not dismissing the value of a sweet text or email, but there is something nice about having a letter that your lover gave you."

Science supports this. Aalai said that there's a different psychological connection made when a person sees a written signature versus a typed name. On top of that, the

short hand and acronyms we use while typing doesn't hold the same "prose and beauty" of the written word.

Dianne Gottsman, a national etiquette expert and the owner of the Protocol School of Texas in San Antonio (yes, that place really exists), said that the difference between a handwritten love letter and an email is similar to the difference between showing up to a date with your hair combed and a clean shirt versus showing up with messy hair and a wrinkled shirt.

"For a special occasion, it feels much better to receive something that you've put more effort into," she said.

**MICHELLE CASTILLO/
METRO WORLD NEWS**

MATCHMAKER,

Traditional dating.

The ancient art of matchmaking is alive and well, even in today's digital world

**ANNALISE
KLINGBEIL**
Metro in Edmonton

Krystal Walter was fed up.

"It's just been a complete nightmare," the 30-year-old said.

Walter's search for love led her online at first, and then on dates with men that "didn't have legal jobs" and even a doctor who, according to her research, had a suspended medical licence.

"You don't want to go on a date with someone and Google them and find out horrible things," Walter said.

Spending \$2,000 on an unsuccessful visit to a professional matchmaker was the breaking point that spurred Walter to venture into an old-fashioned profession and start her own matchmaking company.

She's hopeful her clients, who range in age from 25 to 45, will have better luck in their search for Mr. or Mrs. Right through her recently launched Edmonton-based company, Krystal Walter Professional Matchmaking.

Walter personally meets every client and each must undergo an interview and complete a background check before they're matched.

Carmelia Ray is an On-



tario-based matchmaking specialist who believes matchmaking is a great option for singles looking for an alternative to finding love online.

Ray said the majority of clients she sees have dabbled in online dating and realized it's simply not for them.

"Some of them have been very frustrated with online dating so they're turning to a matchmaker," she said.

Ray listed the lack of safety and security online, and time needed to sort through profiles, as reasons why some singles find it difficult to locate the perfect match through online dating websites.

Amanda Meyer is leery of the online dating scene. While she didn't turn to matchmaking, she found her man in a similarly "traditional" fashion.

After meeting her future husband through a mutual acquaintance, they spent several months as friends before starting to date. They're celebrating their seventh wedding anniversary this month.



Matchmakers say there's an intimate

"There was a nice progression. We were friends first, so we were comfortable and we knew each other," Meyer said.

"We always sort of joke we don't even really have a

Learn from the masters

Great moments in love-lettering

Marlon Brando to Stewardess

Dear Lady —

There is something not quite definable in your face — something lovely, not pretty in conventionally thought of way. You have something graceful and tender and feminine.

You seem to be a woman who has been loved in her childhood, or else, somehow by the mystery of genetic phenomena you have been visited by the gifts of refinement, dignity and poise. Perhaps you cannot be accredited with all that.

Irrespective of your gothic aspects, you have passed something on in terms of your expression, mien and general comportment that is unusual and rewarding.

It's been a pleasant if brief encounter and I wish you well and I hope we shall have occasion to cross eyes again sometime.

Best wishes
Marlon Brando

Dr. Aalai says:

"The spontaneity of Brando to a woman he didn't even know was noteworthy and I think adds the dimension of spontaneity or the unexpected to a love letter. It doesn't have to be to someone you know intimately; it can be to someone you feel a fleeting connection to that you want to notice you or to let them know they have been noticed."

Dr. Azadeh Aalai, a psychology professor, analyzes two classics of the hallowed form.

Frida Kahlo to Diego Rivera

Diego, my love,

Remember that once you finish the fresco we will be together forever once and for all, without arguments or anything, only to love one another.

Behave yourself and do everything that Emmy Lou tells you.

I adore you more than ever.

Your girl, Frida
(Write me)

Dr. Aalai says:

"Frida's letter struck my fancy because of the kiss she left with the lipstick stain — very tangible and sexy and passionate. And hers was short but tender and sweet."

Advice, free of charge

First-date do's and don'ts

Whether you meet online, through a matchmaker or in the lineup at the grocery store, once you snag that first date it's important to make a good impression if you want to get to date No. 2.

Matchmakers Carmelia Ray, Krystal Walter and

Melissa Brown offered these tips:

— Do talk about interests, hobbies, family, vacation spots and other appropriate first-date topics. "Not diving into political discussions or talking about ex-relationships," Brown recommended.

— Do be on time. "First impressions are really everything," Brown said.

— Do keep the first date short. "Chances are you'll find out halfway through

the dinner if you're interested," Walter said.

— Don't text or email a lot before the date. "Just get on the phone and make a date," Walter said.

— Don't be negative. Do be positive. "I think attitude is a really important tip when it comes to dating," Ray said.

— Do mind your manners. "Gentlemen, play the role of a gentleman, and women, be lady-like," Ray said.

The way we were

A history of online dating

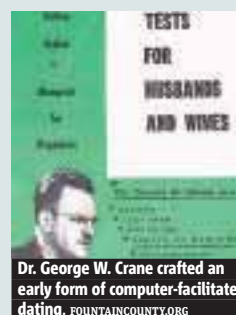
- 1700: The first personal ads are placed in British newspapers to match singles in their early 20s.



Dating goes higher-tech.

BIBLIOTHECA/FLICKR

- 1941: A statistics-based dating/matchmaking service is opened in Newark, N.J.



Dr. George W. Crane crafted an early form of computer-facilitated dating. FOUNTAINCOUNTY.ORG

MAKE ME A MATCH



touch to their services that online dating sites just can't match. MACNOLETE/Flickr

dating anniversary because it really was sort of a transition between friendship to dating."

Meyer said she has friends who've given online dating a try and while she's not against meeting your potential future spouse through the Internet, she thinks it can be "a little sketchy."

"People put up profiles and they can advertise themselves falsely, whereas I knew him and I knew where he worked and I knew he wasn't lying and wasn't false advertising himself."

In-person meetings are still essential, according to matchmakers.

Melissa Brown is president of It's Just Lunch, an international company that uses matchmakers to pair clients — who are typically busy professionals — on lunch dates.

The business began in

Quoted

"Call us old-fashioned, call us what you want, but we take a very personal approach to dating."

Melissa Brown, president of matchmaking company It's Just Lunch

Chicago more than two decades ago in a pre-Internet age and since then, "it's just continued to grow," Brown said.

"Even with the introduction of the Internet and online dating services, you still really truly cannot have that chemistry unless you meet someone face-to-face. Call us old-fashioned, call us what you want, but we take a very personal approach to dating," she said.

The act of matchmaking itself is certainly old-fashioned. Long ago, professional matchmakers worked in Jewish communities in Eastern Europe and Russia, as

famously portrayed in the musical Fiddler on the Roof. Matchmakers also existed in traditional Japanese and Chinese cultures.

At It's Just Lunch, clients meet for a confidential interview with one of the company's dating specialists, who are trained matchmakers, before being paired with other clients.

The matchmakers even arrange the details of the date, meaning clients, who range in age from their 20s to their 50s and whose professions include doctor, lawyer, teacher and entrepreneur, simply show up for their lunch date.

"It's casual, it's stress-free and it's relaxed. Within an hour you can pretty much get an idea if you want to see that person again," Brown said.

For Walter, matchmaking is about quality over quantity.

"Some people like to have the quantity. That's one thing that draws people to online dating," she said.

Most matchmakers meet their clients in person and do background checks, meaning potential dates are screened in a way that's not possible on many online dating websites.

Ray added that in today's digital world, matchmaking is a sound option for singles who don't want to spend their time clicking through profiles online.

"Online dating obviously has helped matchmakers," she said.

THE COURSE TO TRUE LOVE NEVER DID RUN SMOOTH



PERSONAL PERSPECTIVE

Darren Krause
darren.krause@metronews.ca

I experimented with Lavalife once. For two weeks. Nearly 10 years ago.

It was right after I separated from my first wife. Go figure.

It involved clicking through a catalogue of best-foot-forward photos after inputting search parameters to weed out the logical mismatches.

While it was free to wink, I had to pay to play, so-to-speak. I paid about \$20 once to charge up my Lava credits so I could make contact with prospective matches via email or instant message.

This resulted in the arrangement of a sporadic but cordial instant-message conversation. I suspected the person on the other end was engaged in a couple of IMs at the same time, with responses only coming every few minutes.

I ended my online love exploits shortly thereafter. Traditional dating was going to be more my speed. It was just more "me."

What I feared about online dating was its impersonal feel. It was orchestrated; it lacked that natural spark two people have upon first encounter. I feared I would be "matched" instead of loved.

"What I feared about online dating was its impersonal feel.... I feared I would be 'matched' instead of loved."

Post-separation I went to a Halloween party. Of course, a man had to have a stand-out costume to get noticed. I dressed up as a milk carton, my face on the back like that of a missing person. The costume was a conversation piece and garnered enough attention from a young woman that it turned into a phone number, a first date, then romance for a few months. It didn't last, but the meeting was comfortable and intriguing. It was natural. Most of my senses were engaged in the process. What I feared about online dating was that in those areas it was lacking.

Shortly thereafter a barista at a southwest Calgary coffee shop caught my eye. I went in most days, always hoping she would be there. It took months of awkward eye contact and the occasional "large Paradiso, no room" for me to muster the courage to ask her out.

We ended up dating for several months.

In the short time I was online dating I never felt that rush of adrenaline. I was shopping for a mate in a giant virtual black book. Binary code forces were matching me instead of cosmic ones bringing people into my life.

Today, I'm happily re-married. I wed a woman I had already known for 15 years. Our lives had intertwined in numerous ways, including the death of her first husband and us living together platonically. We had a history, we had chemistry and now we have two kids.

As a traditional-dating advocate, I always worried I would never suffer the beauty of courtship (failed or otherwise) by submitting to online dating.

While the search for online romance grows in popularity, the end result remains the same: Love.

I can't say whether you get sweaty palms, butterflies and dry mouth when meeting an online date in person for the first time — I never did meet up with anyone via the World Wide Web.

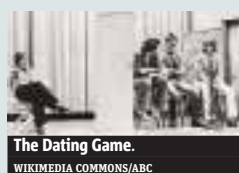
Instead I sought chemistry, a painstaking progression with all the emotional and physical response that goes with the uncertainty of putting yourself out there.

I felt it was something a computer just couldn't match.



The search for love took our columnist online, before he decided to opt for the more traditional route. CHINA PHOTOS/GETTY IMAGES

- **1957:** Dr. George W. Crane creates a computer dating service, where applicant forms are processed by an early IBM card-sorting machine.

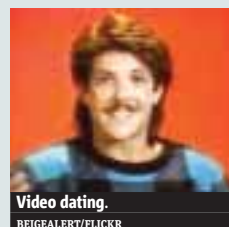


The Dating Game.

WIKIMEDIA COMMONS/ABC

- **1965:** Dating reality TV show The Dating Game, where one woman questions three men she can't see, debuts.

- **1980s:** Video dating, where users create a video of themselves to be viewed by other customers, gains popularity well into the 1990s.



Video dating.

BEIGEALERT/Flickr

Tomorrow: The rise of online dating sites and services

The DREAM BIG Contest

- 1 Dream BIG!
- 2 Submit a video by March 1st
- 3 Win up to \$1,000

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ScholarshipsCanada.com/DreamBIG



Philippe, 2012 Winner

With the money, I was able to pay for my plane ticket to Europe along with the books I needed for a class I took this summer, before leaving. I feel very privileged to benefit from this financial boost - especially in times where we realize that only solidarity is there for the needs of many - and hope to pass forward the beautiful gesture in many ways!

SCHOLARSHIPS CANADA.com



The \$100 bill was the first in the Bank of Canada's new series of polymer banknotes. A market research firm hired by the bank found strong support for illustrating the plastic currency with images reflecting Canada's diversity. But in the end, traditional images such as a train, a ship and a monument ended up on the banknotes. THE CANADIAN PRESS FILE

Boring banknotes: BoC nixed images of gays, blacks

Plastic currency.

Research firm was paid \$476K for illustration ideas, but bank went with traditional pics

The Bank of Canada considered celebrating gay marriages, black hockey players and turban-wearing RCMP officers on its new plastic banknotes — but eventually nixed them all in favour of the more traditional images of a train, a ship and a monument.

Internal documents show that focus groups and a Bank

of Canada team reviewed a series of currency images intended in part to reflect the diversity of Canada's population, particularly the country's varied ethnic character.

Images that were considered included a Chinese dragon parade, the swearing in of a new citizen, Toronto's annual Caribbean festival, children of different ethnic backgrounds playing hockey or building a snowman, and a person in a wheelchair playing basketball.

The image catalogue was drawn up in 2008 by The Strategic Counsel, a market research firm hired for \$476,000 to help the bank decide how to illustrate its new

series of polymer \$5, \$10, \$20, \$50 and \$100 bills. The first note, the \$100, began circulating in November 2011.

Drawing on focus-group discussions and workshops with Canadians in six cities, the consultant found strong support for themes of "diversity, inclusiveness, acceptance of others/multiculturalism." Eventually, 41 image ideas covering several themes were tested and given scores.

Many images proposed at the start of the process did not make the cut. Rejected were illustrations of a gay marriage, an RCMP officer wearing a turban, and "hockey with a twist ... with a black player." THE CANADIAN PRESS

Cellphone contracts

CRTC begins public hearings on wireless code

The hot-button issues Canadians have with cellphone contracts — roaming fees, ability to unlock handsets and three-year contracts — will get another opportunity to be heard this week.

The CRTC will hold a week of public hearings starting Monday on its proposed wireless code. The regulator is aiming for a set of national standards for the content and clarity of cellphone contracts.

In the lead-up to the hearings, to be held in Gatineau, Que., Canadians have again made it clear they don't want three-year contracts offered by wireless carriers.

THE CANADIAN PRESS



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THERE'S NO PLACE LIKE THIS HOUSE



URBAN COMPASS
Todd Devlin
london@metronews.ca

Becoming a member of London's Red Shoe Society has been a nostalgic experience for Nicole Spriet.

As a child, Spriet often visited the Ronald McDonald House of Southwestern Ontario. Her father was once president of the board of directors, and both her parents were heavily involved when the doors first opened back in 1985.

"I used to love visiting and seeing what a wonderful space was created for the children and families," Spriet said. "I especially loved the room with all the teddy bears, which my mom helped design."

So perhaps it's no surprise that the now-27-year-old teacher jumped at the opportunity to get involved once again when a family friend told her about the Red Shoe Society in London, which is a group of young leaders whose goal is to raise awareness, money and much-needed support for Ronald McDonald House.

"As soon as I saw the email, I RSVP'd for both my husband and I to attend the first mixer event," Spriet said. "I was excited at a chance to be a part of it again."

Red Shoe Societies have been popping up more and more across the U.S., but the one formed in London last summer is only the second in Canada. The group holds monthly volunteer events at the house and hosts socials throughout the year, all in the name of Ronald McDonald House, which provides a home away from home for families with sick children receiving medical treatment in London.

It's a great way for young professionals (defined roughly as those aged 25 to 40) to gain experience in the non-profit world and also to expand their professional networks, but in an environment where philanthropy is the goal.

"It's a networking opportunity with a higher purpose," said Adam Carapella, who was elected the first president of London's Red Shoe Society. "Our members really feel that it's important as young adults to give back to the community in which we live and work. And not just through words or donations, but through actions, as well."

The group's first members-only event — a winter social at Museum London — is set for Feb. 28. Not a member? Not a problem, Carapella says, as memberships are available at the door. Red shoes (à la Ronald McDonald) are encouraged, but not necessary.

The group's inaugural winter gala will be held on Apr. 13. Dubbed A Flight to Remember, the event will take place in an empty hangar at London's Jet Aircraft Museum. Spriet, along with her events co-chair Samantha Parsons, is tasked with planning the gala.

"That's something I'm passionate about, and having the chance to plan fun and exciting events for a great cause gives me a sense of joy and pride that we're giving back," she said.

And giving back, Carapella says, is specifically what the Red Shoe Society is all about.

"We're really motivated by trying to help out (Ronald McDonald House) in any way we can so that the children and families staying there can be as comfortable as possible while going through a tough time."

Visit redshoelondon.com.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



Volunteers for the Red Shoe Society prepare dinner at the Ronald McDonald House of Southwestern Ontario in this recent photo. CONTRIBUTED

Waterspout something to sea



ISABELLE FILIPPINI/SOLENT

Ocean view

Phenomenon a yacht to take in

It's every sailor's nightmare, but for everyone else a waterspout makes for a jaw-dropping photo.

Here, off the coast of the French island of Corsica, a colossal whirling vortex appears perilously close to a small yacht drifting on the Mediterranean.

Quick-thinking vacationer Isabelle Filippini grabbed her camera to capture the spectacle.

METRO

Waterspout facts

- **Formation.** Created when layers of cool air blowing over the water cause warm, moist air to surge up from underneath.
- **Not sea water.** For a long time, scientists thought the revolving mass of water in a waterspout was in fact from the sea — it's actually a spray of cloud water or condensation.

Shutter-happy

"My family and I had been admiring the sea, despite the low clouds. Then, all of a sudden one of the clouds was pointing towards the sea and I realized it was forming a tornado. I was amazed as the waterspout touched the sea."

Isabelle Filippini, 43, from Paris



Twitter

@teezyfbabyxo: • • • • •
Old navy why must you have the cutest baby outfits!?! Bought so many.

@LilChefQ: • • • • •
Would have better luck getting a date if I was a lesbian #singlegirlproblems

@Jizzle519: • • • • •
Why is CURLING on and not Man Utd?

@rachelberdan: • • • • •
I swear that my dog's sole purpose in life is to make me laugh.

@Mathewh: • • • • •
Internet!!! #shakesfist

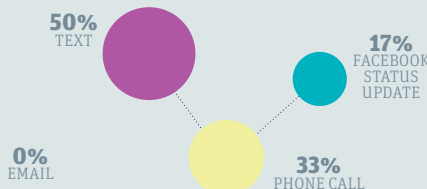
@billy_slvrstein: • • • • •
Actually shaping up to be a nice day in #ldnont

@akargee: • • • • •
Such a good night #fanshawe #bestroomie



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Taylor in Wonderland



Taylor Swift opens the 55th Grammy Awards on Sunday night. GETTY IMAGES

Grammy Awards.

Toronto's Drake takes home award for best album, while Swift an early winner for her Hunger Games tune

Taylor Swift kicked off the 55th Grammy Awards with an Alice in Wonderland-inspired performance of her hit *We Are Never Ever Getting Back Together*, while Canadian Carly Rae Jepsen lost out in the first of two nominated categories.

Adele's *Set Fire to the Rain* won for pop solo vocal performance over Jepsen's earworm smash *Call Me Maybe*.

"Thank you so much, this is amazing," said Adele, who swept all six categories in which she was nominated last year. "I just wanted to come and be part of the night, because I loved it last year — obviously."

"I just want to send love to all the other girls (nominated)... We work so hard and make it look so easy."

Speaking of which, Swift kicked off the show in an

outfit reminiscent of the Mad Hatter's — a white-suit jacket, matching top hat and hot pants — while a cast of Alice in Wonderland-inspired eccentrics surrounded her. Meanwhile, some poor gentleman — and the presumed target of Swift's scorn — was fastened to a gigantic onstage bull's-eye.

Later, two generations of British singer/songwriters — Elton John and 21-year-old Ed Sheeran — meshed smoothly on the latter's tender hit *The A Team*.

Off the top, host LL Cool J acknowledged last year's difficult show, which was held roughly 24 hours after the death of pop legend Whitney Houston, before paying respect to another recently fallen idol in Michael Jackson.

During a lengthy pre-telecast, Dan Auerbach of the Black Keys and Skrillex won three Grammys each while Jay-Z, Kanye West, Esperanza Spalding, Gotye and Chick Corea all won two awards apiece.

Jennifer Lopez was just presenting an award, but still managed to steal headlines with a slinky slate-grey dress that revealed her entire right leg. She then referenced the

widely circulated note from the Grammys instructing talent to keep their outfits tasteful.

"So, as you can see I got the memo," Lopez joked to resounding applause.

Meanwhile, Toronto rapper Drake finally claimed his first Grammy out of 12 nominations.

The 26-year-old Aubrey Graham took his inaugural hardware in the best rap album category, with his moody sophomore hit *Take Care* emerging triumphant.

The Black Keys, embroiled in several of the marquee races, might have liked their chances a little better after triumphing for both best rock song and best rock album. Both wins were over Jack White, who's among their competition for album of the year.

"My brother, my mom and my dad, they're in the audience — I wouldn't be here without them," said frontman Dan Auerbach, before adding: "Obviously."

And Swift was also an early winner, claiming best song written for visual media for the Hunger Games tune *Safe & Sound*, along with collaborators T-Bone Burnett and John

Paul White and Joy Williams of the Civil Wars.

"Yay!" said Swift, who's become infamous for her gobsmacked responses to winning awards. "You know what? This is unbelievable. I just want to thank my collaborators for working with me, Civil Wars and T-Bone Burnett. You guys are amazing. We just won a Grammy for that!" Quipped White in response: "I think it's appropriate that Taylor thank us because we've been carrying her for a while and it's getting tiring."

THE CANADIAN PRESS

Big winners

- **Song of the year.** *We Are Young*, fun.
- **Rap album.** *Take Care*, Drake.
- **Rock album.** *El Camino*, The Black Keys
- **Country song.** *Blown Away*, Carrie Underwood
- **Dance/electronic album.** *Bangs*, Skrillex
- **Best pop solo vocal performance.** *Set Fire to the Rain*, Adele

Exclusively online

For a full list of Grammy winners and more coverage from the awards show, visit metronews.ca.



Chris Brown in the headlines again

It looks like Chris Brown's luck isn't getting better anytime soon.

The scandal-plagued singer was involved in a car crash this weekend, totalling his car but escaping uninjured, according to E! News. Brown was alone at the time and reportedly told police that he was being chased by paparazzi prior to the crash.

"Chris Brown was in a car accident this afternoon after being ruthlessly pursued by paparazzi," his rep says in a statement. "Two vehicles cut him off. The occupants jumped out, with cameras, and aggressively approached his vehicle. In an effort to remove himself from the situation, he began to back down an alley, at which point his way was cut off by two additional vehicles. Chris' vehicle was totaled due to this aggressive pursuit by the paparazzi. He is OK."



Chris Brown ALL PHOTOS GETTY IMAGES



Taylor Swift

Country music rivals keep a distance at Grammys

Taylor Swift's love life isn't the only source of tension in the 23-year-old singer's life. She apparently also has some issues with her country music rivals.

Producers at this weekend's Grammy Awards were reportedly ordered to keep Swift and Carrie

Underwood "from crossing paths since they hate each other," sources tell Us Weekly. "Taylor feels Carrie is always rude to her, so she steers clear of her." Reps for the awards show, though, insist that "no requests were received from either artist."

Twitter



@tyrabanks

Glamorous nights are nice. Reading a book by the fireplace might just be a bit more glamorous for a girl like me. Nighty nite.



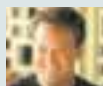
@kirstiealley

and lastly, from my pulpit, we have ALL done creepy things. I stress the word ALL. And we would ALL like to be forgiven. Stepping down now



@MarkDuplass

motion to expunge the word "moisten" from the english language. we could also do without the word "expunge" while we're at it.



@MatthewPerry

I'm always thrown when people tweet things that are deeply personal. Why? Why would they do that? I mean, my pants are around my ankles.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

PETA demands Beyoncé's skin



STARGAZING

Malene Arpe
scene@metronews.ca

PETA is chastising Beyoncé for wearing a halftime outfit made of python and iguana.

Just wait until PETA sees her costumes for the upcoming tour: a wolf bra, two pairs of dolphin-skin shoes with sea turtle heels, a baby polar bear cape (estimated amount of baby polar bears required: 12 to 17) and an Illuminatiger hat.

Justin Timberlake denies calling Britney "bitch." Says Justin, "Can't a person have a conversation about World War II and the British blitz?"

Alexander Skarsgard and Jack McBrayer are observed having lunch together. Which explains the sudden weird upsurge in Kenneth the Page and Eric Northman fan fiction.

Dolce and Gabbana releases a fragrance exclusively for babies. Great Szantorwx. God of Destruction, Malevolence and Infant-related Justice, Earth is ready for your ruling.

This week in Events That Make You Loathe Your Own Family Just A Bit Little Less.



1) Tanning Mom gets drunk and falls down in a nightclub. 2) Bobbi Kristina Brown asks people not to buy her grandmother Cissy Houston's "disrespectful" tell-all Remembering Whitney. 3) Three members of a Nova Scotia family are arrested for smoking and belligerence on board a flight to the Dominican Republic. 4) A Belgian tattoo artist inks his name in giant letters on his girlfriend's face one day after they met. 5) Ootomom gets panicky and calls the school when she can't

locate one of her kids, who is later found to be taking a nap at home. 6) Three years after they split, Christina Aguilera's husband is finally moving his stuff out of her house.

Calvin Klein's ex-boyfriend Nick Gruber says one of the women from Mob Wives: Chicago threatened to kill him with a screwdriver. Honey Boo Boo, a selection of Swamp People and the entire smoking family from Nova Scotia are all, "no, that's too much."

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Bullying

Canadian view

A survey by Big Brothers Big Sisters of Canada and Invesco Canada Ltd. provides insight into how Canadians view bullying.

Seventy-eight per cent of Canadians say not enough is being done to stop bullying and 94 per cent say teachers and school administrators

share responsibility in trying to curtail the problem.

Among bullied Canadians, 72 per cent said they were teased in a way to humiliate and 71 per cent experienced verbal abuse and taunting. Meanwhile, among bullied Canadians who suffered lasting harm, effects included lack of confidence, low self-esteem, depression, anger management issues and poor academic achievement. **METRO**



Seventy-eight per cent of Canadians say not enough is being done to stop bullying. **ISTOCK**

Exclusively online

Mommy remembers when restaurant dining involved dropping \$200 on a meal she couldn't pronounce. Now it's all about free refills, paper tablecloths and a menu featuring photos of the entrees. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Move over Marcia, Jan has an important lesson for parents

Failure. A classic episode of *The Brady Bunch* shows how vital it is to let your kids realize they aren't good at everything



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

I loved *The Brady Bunch* as a child, but after re-watching a certain episode, I love it even more as a parent.

It featured middle daughter Jan Brady (the family's perpetual loser) trying to discover if she had a natural born talent ... for anything.

Predictably, and much to her teen despair, she failed at many different things (ballet, tap dancing, being a drum majorette, acting in the school play).

Mom Carol Brady said to husband Mike, "Poor Jan. She's really miserable. I hate to see her going through this." To which he grunted unsympathetically, "She'll have to figure it out."

I loved this. Today, do we ever let our kids "fig-



Like Jan on the *Brady Bunch*, kids have to learn that failure is a part of life. **ABC PHOTO ARCHIVES**

ure it out" for themselves? We constantly tell them they're good at everything, in a world where it's virtually impossible to fail a class. Or we have them participate in sports where no score is kept and no one ever loses.

On the show, it's Jan's sym-

pathetic siblings who challenge and deliberately lose to her at a number of activities — ping pong, Monopoly. But, of course, she eventually discovers what they're doing and becomes convinced she's an even bigger loser.

Is this the risk we as par-

ents take if we continue to prop our kids up with false praise, and an "everyone's a winner at everything" attitude?

They quickly learn the truth about their talents when they leave the house for a post-secondary educa-

tion or into the real working world, where discipline and criticism can be harsh.

Preparing our children for disappointment and failure is one of the lessons we might want to have them learn at home, rather than from a disgruntled professor or angry manager.

American Idol is a great example of what can happen if you aren't honest with your children and you send them out onto the stage to fail.

My kids are terrible singers. I am a terrible singer. Their father is a terrible singer. It's just who we are, and we all know it. They won't be those show contestants who are painfully awful, but are convinced they're the next Kelly Clarkson because their mom says so.

By all means, we should be encouraging our children when they find what they're good at — we should be their biggest cheerleaders — but let's make sure we're not cheering them on to great public failure. After all, not everyone can be a perfect drum majorette like their big sister Marcia.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.



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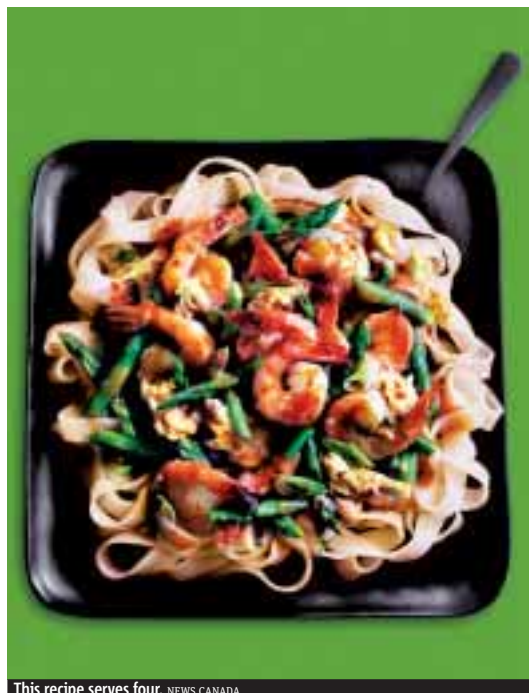
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Ontario



Tangy Shrimp, Asparagus and Egg Stir-fry beats takeout



This recipe serves four. NEWS CANADA

Why not break out of the typical weeknight routine and wow your family with a simple and delicious Asian-inspired home-cooked meal that takes very little effort?

With just a handful of ingredients, you can create an impressive dish bursting with exciting flavours.

The tangy Asian-inspired sauce mixed with fresh vegetables will make you swear off takeout for good.

To avoid overcooking the shrimp, make sure they are still undercooked before adding the eggs.

1. In a large non-stick skillet, heat the vegetable oil

over high heat. Add the cut-up asparagus and stir-fry for 4 minutes; add the thawed shrimp and cook while stirring for 3 minutes.

2. Lower the heat, add lightly beaten eggs and them let set slightly without stirring, about 1 minute.

3. Break up the eggs with a spatula, pour in the stir-fry sauce, green onions and stir to heat the mixture through, another 2 minutes.

4. Serve on cooked rice or noodles. NEWS CANADA/ VH SAUCES

Ingredients

Prep time: 10 minutes
Cook time: 10 minutes

- 2 tbsp (30 ml) vegetable oil
- 2 cups (500 ml) asparagus pieces, cut into 1-inch lengths
- 1 lb (500 g) peeled medium-sized shrimp, thawed

- 2 eggs, lightly beaten
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1/2 cup (125 ml) finely sliced green onions
- 1/2 lb (250 g) rice noodles, cooked as directed on package

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Canned tuna offers a fix for a quick bite. But not all tuna is created equal when it comes to calories and fat content.

Spicy Thai canned tuna on a whole wheat bagel

490 calories / 13 g fat

Read the ingredients carefully on individual meal cans as they differ, usually due to more oil. The bagel alone has more than 300 calories.



Equivalent

One Spicy Thai can of tuna on a whole wheat bagel is equal in calories to five spicy chicken tenders (battered) from Popeye's.



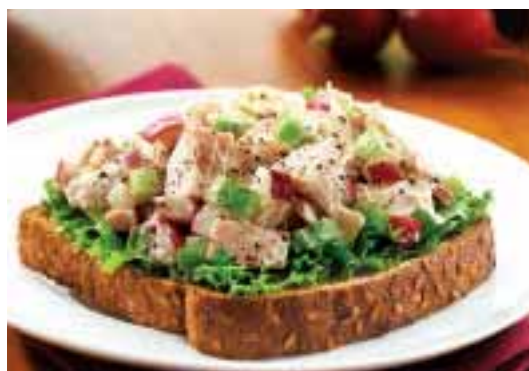
Tomato and onion canned tuna on a whole wheat English muffin

200 calories / 3 g fat

This variety contains less oil and an English muffin has only 100 calories.



Lunch. Crunchy Tuna & Radish Salad Sandwich



One of the easiest ways to improve your overall health is to increase the amount of fruits and vegetables consumed on a daily basis. Full of vitamins and nutrients essential in keeping your body healthy, achieving this goal may be easier than you think. Give your body a boost of naturally occurring vitamins and minerals, the same ones found in fruits and vegetables, by having a hearty sandwich as a part of a lunchtime meal.

1. Mix tuna, radish, celery, yogurt, lemon juice, mustard and mayo. Season with pepper.

2. Divide lettuce between toasted bread slices and top with tuna mixture. Serve as

an open-faced sandwich.

NEWS CANADA/ NATURALLYDEMPSTERS.CA

Ingredients

2 portions
Total time: 10 minutes

- 1 (170 g) can of low sodium tuna, drained
- 1/2 cup (125 ml) diced radish
- 1 stalk celery, diced
- 1/4 cup (60 ml) plain yogurt
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) Dijon mustard
- 1 tbsp (15 ml) light mayo
- Pepper to taste
- Shredded lettuce
- 2 slices Dempster's WholeGrains Flax Bread, toasted

This is not your grandfather's legendary Reuben sandwich

The legendary Reuben of yore was built on corned beef, but this recipe swaps it out in favour of smoked salmon.

And while it holds fast to the classic version's melted cheese, it loses the untoasted rye bread in favour of a grilled panini.

Unorthodox? Guilty as charged. Scrumptious anyway? See for yourself.

1. In a small bowl, combine the mayonnaise, chili sauce, pickle and lemon juice. Season with salt and pepper to taste.

2. Spread one side of each slice of bread with some of the dressing. Arrange half of the cheese on 4 of the slices. Divide the salmon, sauer-

kraut and remaining cheese among the cheese-topped slices of bread and top each with one of the remaining bread slices, spread side down.

3. In a large skillet over medium, heat the oil until hot. Add the sandwiches and something heavy (such as a cast iron skillet, flat saucepan lid, or heat-safe plate and a weight such as a can of food) to firmly press the sandwiches down. Cook for 6 minutes per side, or until golden and the cheese has melted. Cut each sandwich in half and serve right away. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 1/4 cup low-fat mayonnaise
- 2 tbsp chili sauce (the kind served with shrimp cocktail)
- 2 tbsp finely chopped dill pickle
- 1 tsp lemon juice
- Kosher salt and ground black pepper
- 8 slices rye bread

- 4 oz thinly sliced Gruyere, fontina or Swiss cheese
- 4 oz thinly sliced smoked salmon
- 14 1/2-oz can sauerkraut, drained, rinsed and gently squeezed to remove excess liquid
- 2 tbsp extra-virgin olive oil



This recipes serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Could their workplace woes be leading somewhere more serious?

The lows of labour.

Learn to spot the signs of staff discontent before they lead to staff dissent

JULIA WEST
Metro World News in Philadelphia

There's a difference between an employee with the Monday blahs and one who is continuously unhappy and disengaged.

Not only should employees be able to spot the difference, they should know how to reverse the problem before it's too late.

Sign: Distrust of management

"If you find that your employees trust politicians more than your senior management, you have a problem," says Morgan Norman, founder and CEO of WorkSimple.

This can lead to poor productivity.

"If employees aren't trusting," he adds, "they won't put themselves into their work."

Solution:



Give the poor guy a sign that you know he's going the extra mile. ISTOCK

Cultivate a culture of trust

When you provide a safety net for your workers, they are more apt to try new ideas and produce better results. Show them that you believe in their work.

Sign: Long lunches and increased absences

If you notice an employee who can barely show up for work, you are likely seeing someone

who is not interested. "This may be a sign that someone is using the time for job interviews," warns Christine Endres, Branch Manager for Robert Half International in Philadelphia.

Solution: Re-evaluate this person's work

Could this be a matter of someone who is simply overworked and underappreci-

ated? Are they getting the recognition that they fairly deserve?

"Failure to recognize employee achievements, excessive workloads for long periods of time and fear of job loss can negatively impact employee morale," says Endres. Take action and communicate before you risk losing a dedicated worker.

Asleep at the wheel?

Sign: Low energy level

- Have an employee who drags his or her feet day in and day out? "While it may be unrelated to the workplace, a change in attitude could be indicative of an ominous burnout," explains Amanda Augustine of career website TheLadders.com.

Solution: Talk it out

- This person may need a better work-life balance. "When you understand what matters most to your employee, then you can understand what can be done to improve their level of satisfaction," Augustine adds. Listening and allowing the person to speak freely can certainly be an asset in this sort of situation.

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OHL

Knights lose 4-3 in Kitchener

Tobias Rieder had two goals, including the game-winner, as the Kitchener Rangers defeated the London Knights 4-3 in OHL action Sunday at Memorial Auditorium.

Rieder and Matt Pempel opened the scoring as Kitchener jumped out to a 2-0 lead in the first period. The Knights rallied to tie it on goals by Max Domi — his 30th of the season — and Josh Anderson.

But Ben Thomson's goal with eight seconds left in the opening frame returned the lead to Kitchener for good.

After a scoreless second period, Rieder's second of the game made it 4-2 Rangers with about 5½ minutes to play in the third. Scott Harrington brought the Knights to within one three minutes later. It was London's second loss in a row.

THE CANADIAN PRESS

NBL Canada

Lightning game postponed

Heavy snow in St. John's, N.L., postponed London's National Basketball League of Canada game against the Summerside Storm.

The Lightning were scheduled to take on the Storm Sunday at 2 p.m. at Budweiser Gardens. The game has been rescheduled for Feb. 23 at 7 p.m.

Tickets for the postponed game will be valid for the Saturday tilt.

Several flights were cancelled at St. John's International Airport, including the flight that was supposed to hold the Lightning.

In other Lightning news, Marvin Phillips was named player of the week. Phillips averaged 20 points per game in two road victories for London.

METRO/AM980/AM980.CA

Duhamel, Radford ascend to win gold

Figure skating.

Virtue and Moir place second in ice dance at Four Continents

Canadians Meagan Duhamel and Eric Radford captured their first international pairs title, winning gold at the Four Continents figure skating championships Sunday.

Duhamel, from Lively, Ont., and Radford, from Balmer-town, Ont., weren't pleased with their score of 199.18 points, but it was enough to top teammates Kirsten Moore-Towers and Dylan Moscovitch.

They became the first Canadians to claim this title since Jamie Sale and David Pelletier in 2002.

"We are disappointed," Duhamel said. "We know we are capable of skating much better. We want to show an improved long program at the world championships. We felt confident going in but once the music started it just became a struggle."

Duhamel and Radford, who skated to Angel, had to fight for their landings on their side-by-side triple Lutzes.

Moore-Towers, from St. Catharines, and Moscovitch, from Waterloo, scored 196.78. They won Sunday's free skate but couldn't overtake Duhamel and Radford, who built up a lead in winning the short program.

U.S. champions Marissa Castelli and Simon Shnapir were third with 170.10 points.

Canada's two-time world ice dance champions Tessa Virtue and Scott Moir lost to American rivals Meryl Davis and Charlie White for the second consecutive competition.

Virtue and Moir had a strong start to their sizzling Carmen program, but had to



Meagan Duhamel and Eric Radford perform during the pairs free skating event at the Four Continents figure skating championships in Osaka, Japan, Sunday. ATSUSHI TOMURA/GETTY IMAGES

stop about three minutes in when Virtue felt a cramp in her leg. The Canadians were able to resume a couple of minutes later.

"I just had some cramp in my legs to deal with. I'm glad we collected ourselves and kept pushing through the program," Virtue said.

Davis and White scored 187.36. Virtue, from London, and Moir, from Ilderton, leaders after the short dance, scored 184.32. THE CANADIAN PRESS

Gay still buzzing as Raptors swat Hornets



Toronto Raptor Alan Anderson slaps the ball away from New Orleans Hornets forward Ryan Anderson in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

Rudy Gay had a game-high 20 points and Kyle Lowry added 14 points and 10 assists as the Toronto Raptors defeated the New Orleans Hornets 102-89 on Sunday.

John Lucas scored 10 of his 19 points in the fourth quarter and Amir Johnson chipped in 14 points with seven rebounds as Toronto (19-32) won its second straight and improved to .500 at the Air Canada Centre this season (13-13).

Robin Lopez's 19 points led the Hornets (17-34), who lost for the first time in three games. New Orleans guard Greivis Vasquez had 17 points,

On Sunday

102

Raptors

89

Hornets

seven rebounds and six assists.

Jonas Valanciunas, who was making his first start since missing 18 games with a broken finger, had 11 points and 10 rebounds for Toronto. Lowry's double-double was his

fourth of the season.

Lucas, who had just six points at halftime, added three in the third quarter before breaking out for 10 in the fourth to match a season-high.

Gay, who came in averaging 24.3 points since his trade from Memphis, became the first Raptor to have five straight games with 20-plus points since Andrea Bargnani (Dec. 28, 2011 — Jan. 4, 2012) last season.

Sunday marked the final between the Raptors and the Hornets franchise, who will be called the Pelicans beginning next season. THE CANADIAN PRESS

4 SPORTS

Will NHL bare teeth at Leaf?

NHL. Disciplinary hearing set for Mikhail Grabovski over alleged biting incident

Mikhail Grabovski seems to have given hockey fans and the NHL something to chew on.

The Maple Leafs forward got a one-day reprieve when his hearing with NHL disciplinary Brendan Shanahan over an alleged biting incident was delayed.

Grabovski and Shanahan will discuss over the phone on Monday — scheduled for 11 a.m. — just what hap-

pened Saturday in the third period when Montreal's Max Pacioretty grabbed Grabovski from behind and twisted his head. Grabovski responded by appearing to chomp on Pacioretty's arm.

No reason was given for the delay — it was originally scheduled for Sunday — but the league is certain to come to a decision before the Leafs play the Philadelphia Flyers on Monday evening at the Air Canada Centre.

Grabovski could be suspended or fined, or both. Neither Grabovski nor Pacioretty spoke after the game, nor did Grabovski speak to reporters after Sunday's practice at the MasterCard Centre.

Quoted

"I'm very confident (he didn't bite Pacioretty). The bottom line is, it has to be conclusive."

Toronto Maple Leafs coach Randy Carlyle on an alleged biting incident involving Leafs forward Mikhail Grabovski.

Twitter sunk its teeth into the bite debate, adding another layer to Toronto's historic rivalry with Montreal, as supportive Leaf fans incited Montreal fans with hashtags like "#Biteme" and "#FreeGrabbo."

"Sore losers, simple as that," tweeted one.

TORSTAR NEWS SERVICE



Montreal Canadian Max Pacioretty, right, shows his arm to a referee following an incident with Toronto Maple Leaf Mikhail Grabovski as Canadiens' goalie Carey Price looks on Saturday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Flyers head to Toronto

- As the Toronto Maple Leafs try to prove they can win at home, the Philadelphia Flyers want their road fortunes to get better.
- Monday's game at the Air Canada Centre is also the first game against their former teams for both Luke Schenn and James van Riemsdyk.
- Van Riemsdyk, 23, is quickly becoming the power forward that Toronto has lacked while after a rough first few games as a Flyer, Schenn, also 23, is starting to give Philadelphia a strong, physical presence on their blue-line.

Metro London Student Athletes of the Week!

Meet Metro's featured students from **Lord Dorchester S.S.** This weekly feature highlights exceptional students in partnership with the Thames Valley District School Board.

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Age 17

Sports: Basketball, Volleyball, Rugby, Badminton, Tennis & Golf

Study of Interest: Criminology at the University of Western Ontario

Athletic Achievements: Two time basketball all-star, WOSSAA Rugby, 3rd TVRAA Doubles Tennis, SPECTRA nominee

Community involvement: Tabs for Wheelchair Volunteer, Hospitality Dinner Volunteer, Basketball Scorekeeper, Co-Coach of the LDSS Jr. Basketball team



Age 17

Sports: Basketball, Volleyball

Study of Interest: Health Sciences/Concurrent Education

Athletic Achievements: TRAA all-star, two time TVRA East All-star, Volleyball Leadership Award

Community Involvement: Deputy Prime Minister Student Council, Secretary Student Council, Relay for Life Co-Chair. Raised \$130 000 in past two years, SCROOGE Volunteer, Donneybrook Dash Volunteer



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Horoscopes

Aries

March 21 - April 20

Act with restraint today, even though someone you have dealings with deserves to be criticized. If you react too aggressively your words could have consequences you will not enjoy. Keep those sarcastic remarks to yourself.

Taurus

April 21 - May 21

There is no point chasing after something too eagerly today, because the planets warn you are unlikely to catch up with it. Pretend you are not too bothered whether or not you get it – then you won't be disappointed.

Gemini

May 22 - June 21

You may be in the mood for fun and games (as usual) but those around you don't seem to be in the mood to play. How frustrating. Just this once it looks like you will have to entertain yourself.

Cancer

June 22 - July 23

Someone may try to intimidate you today but you must not let them see they are getting to you. Fortunately Cancers are very good actors, so make like you don't care and they will leave you alone.

Leo

July 24 - Aug. 23

A battle of wills is likely. What you want to do is at odds with what a loved one wants to do. So what is the answer? Go your own ways and do your own things. You don't have to do everything together.

Virgo

Aug. 24 - Sept. 23

Venus, planet of values, is linked to Saturn, planet of limitation, so most likely you will be prevented from doing something you want to do. By the end of the week you will realize it actually worked in your favor.

Libra

Sept. 24 - Oct. 23

Don't waste time arguing about who thought of something first – you should be pulling together and making it work. It does not matter where ideas come from, it matters only what you do with them.

Scorpio

Oct. 24 - Nov. 22

The important thing today is that you stay in control of your emotions. If you let other people get under your skin bad feelings could escalate quickly and there is no telling where you might end up. In the cells overnight?

Sagittarius

Nov. 23 - Dec. 21

There are so many ideas running through your head that it's getting confusing. What you must do is sit down with a pen and notebook and write them all down. Only then can you start to make sense of your life.

Capricorn

Dec. 22 - Jan. 20

Although you generally like things to stay as they are what happens today and over the coming week will remind you that nothing in life is permanent – and that's a good thing. Change works for you, so embrace it.

Aquarius

Jan. 21 - Feb. 19

If someone you are fond of is moody and uncommunicative today don't try to push them. Give them the space they need to work out their problems and by this time tomorrow they will be bubbling again.

Pisces

Feb. 20 - March 20

A project you had high hopes for has not worked out so well, which is disappointing, but don't be too unhappy about it. What did it teach you? There is always something you can carry on to the next task.

SALLY BROMPTON

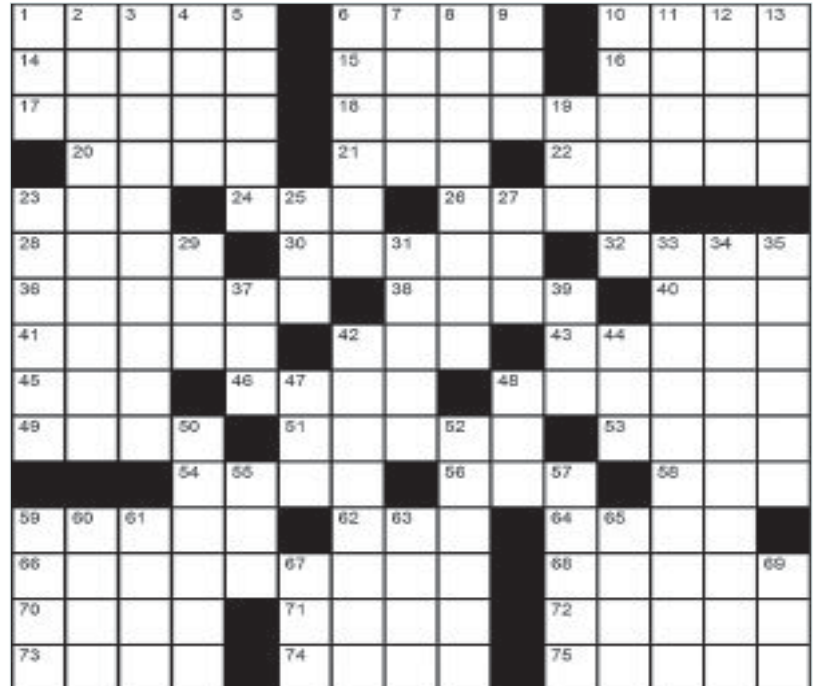
Crossword: Canada Across and Down

Across

- Quebec's __ Peninsula
- Vogue and People, for short
- The Grapes of Wrath family
- Three: French
- Film director Mr. Petri
- Greasy
- Dazes
- Nova Scotia university
- FOX musical dramedy
- Geog. feature
- Apprehension
- Nuke
- "Making Plans for Nigel" band
- Business subj.
- Util. bill
- "One __ (the Body)" by The Rolling Stones
- Spheres
- Woolly camel-like animal
- Lawyers, for short
- Granola bit
- Cartoon skunk Pepe: 2 wds.
- 'Advert' suffix
- Beatrice Arthur sitcom
- Metal-bearing mineral
- Royal Canadian __
- Quandary
- Ms. Banks
- West: French
- Ex-ruler of Iran
- Connect
- Pas' partners
- Duran Duran hit
- "Hang Ten" singer
- Moo __ pork (Takeout dish)
- Coconut fibre
- Northwest Passage searcher, Sir Martin __
- Mr. McDowall of movies
- Ms. Hatcher
- Territory
- Close by, to a poet
- Director Mr. Mendes, and others
- Li'l instruments
- Busey and Sinise

Down

- Lettered Mustang cars
- AGO = __ of Ontario

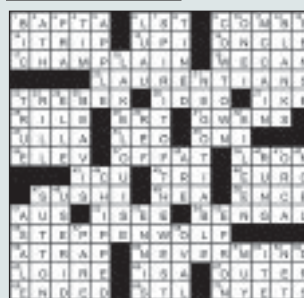


- Albert Schultz is the Founding Artistic Director of this Toronto theatre company
- Tree type
- County in England
- Renaissance family of influence
- Regrettably
- Razors brand
- Fifth music note, variantly
- Reporter, for short, Brit-style
- Van Gogh's Bank of the __ at Auvers
- Et __ (And others, in Latin)
- Tinted
- Prefix with 'meter'

- Fanatic
- 1996 Snoop Dogg album: ' __ Doggfather'
- Cottage bed
- Flight simulators co. headquartered in Saint-Laurent, QC
- Flavour
- Saskatchewan player
- Covering up with a hat reason: 3 wds.
- Prefix to 'scope'
- Uniquely-spelled mountain basin
- Clothing sizes letters
- Stone land marker of the Inuit

- to guide Arctic travellers
- Three-toed sloths
- Suffix to 'Opt'
- Harper Valley, e.g.
- Courtroom cover stories
- Blue cartoon creatures
- Pasta names suffix
- Neck, slang-style
- Terrestrial stage newts
- Ms. de Matteo
- Earth crawler
- Present
- Charlie Chaplin's last wife
- Actor Mr. Townsend, to pals
- 12-month periods

Friday's Crossword

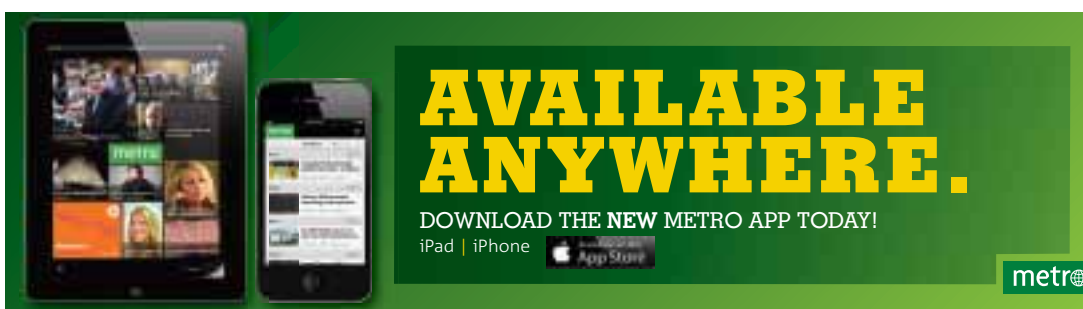


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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